

LET'S GO TO PANAMA!



Grab your passports ladies and gents because this week we are traveling to the only place in the world where you can see the sun rise on the Pacific and set on the Atlantic—Panama! Where you will immediately become enamored with the vibrant colors just as much as you will the culture. Let's learn a little more about this gorgeous country and what to expect upon our arrival, shall we:

- Panama was the first country outside the U.S. in which Coca Cola was sold.
- Panama was the first Latin American Country to adopt the U.S. currency as its own.
- The first Afro descendant to be apart of European royalty is Panamanian, her name is Angela Brown and she was born in Bocas del Toro, Panama.
- Panama elected its first female President in 1999. And first female Vice Presidents in 2014.
- The inventor of Murphy's Law was born in Panama.

**PET THERAPY: CHEETAH!**



Of course we all know that animals deserve to be in their natural habitat; however, if you could have any exotic animal you wanted, what would you choose? I would choose a cheetah because like many of us, cheetahs are very nervous creatures and are known to have emotional support animals, such as a friendly K-9. Did you know this?

Here are a few more fun facts about cheetahs:

- ✚ Cheetahs are the world's fastest land animal. In only 3 seconds they can run up to 70 mph.
- ✚ Unlike other wild cats, Cheetahs do not roar, they meow and purr.
- ✚ From their flexible spines to muscular flat tail, to their cleat-like claws, Cheetahs were literally built for speed.
- ✚ Cheetahs eat quick and easy meals; therefore, they prey on animals that are easily retrievable, unlike their feline brothers. Cheetahs have to eat quickly before those stronger and more aggressive come along and force them to give up their meals.
- ✚ Cheetahs are close to becoming extinct. 😞

**CHEF'S CORNER:  
RIBBONY SHRIMP &  
PASTA SCAMPI!**



To start our New Year off good and healthy, we're sharing with you a very healthy and easy to make dish--Ribbony Shrimp & Pasta Scampi. With a prep time of only 30 minutes and an even simpler ingredients list, you will not regret trying out this delectable meal.

Remember to share your photos if you ever decide to recreate any of these amazing dishes!

**Ingredients:**

**Kosher salt**

**8 oz. whole wheat spaghetti**

**1 yellow squash**

**1 zucchini**

**1 lb peeled and deveined medium shrimp, tails removed**

**Freshly ground black pepper**

**2 tbsp olive oil**

**1 cup cherry tomatoes, halves**

**4 cloves garlic, finely chopped**

**Pinch crushed red pepper flakes, optional**

**½ cup low-sodium vegetable or chicken broth**

**2 tbsp chopped fresh chives**

**Instructions, [here](#). 😊**



*Quote of The Day*

“Inspiration comes from within yourself. One has to be **POSITIVE**. When you're positive, good things happen.”

–Deep Roy